

10-23-2006

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Recommended Citation

Staff, Hilltop, "The Hilltop 10-23-2006" (2006). *The Hilltop: 2000 - 2010*. 338.
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THE HILLTOP

The Daily Student Voice of Howard University

VOLUME 90, NO. 39

MONDAY, OCTOBER 23, 2006

WWW.THEHILLTOPONLINE.COM

notebook

BREAKING NEWS

BOMBS PRECEDE MUSLIM FESTIVAL

BOMBS EXPLODED IN BAGHDAD BEFORE THE MUSLIM FESTIVAL OF ID AL-FITR THAT SIGNIFIES THE END THE HOLY MONTH OF RAMADAN, ACCORDING TO THE NEW YORK TIMES.

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MON, 10/23:
MOSTLY SUNNY
HIGH: 54, LOW: 37

TUE, 10/24:
MOSTLY SUNNY
HIGH: 53, LOW: 38

Actors Inspire Howard Students



Carl Payne, and other members of the cast of "Men, Money and Gold Diggers" spoke to students about making it in show business.

BY DANIELLE KWATENG
Hilltop Staff Writer

In the intimate and warm setting of the Environmental Theater Space studio, students gathered to get priceless knowledge. The cast of "Men, Money and Gold Diggers" showed up to talk to the students, last Friday afternoon in the Fine Arts building. Prof. Reggie Ray of the Fine Arts department invited actress Jamie Patent, director/writer Je'Caryous Johnson along with the cast for a visit at Howard, which included

Robin Givens, Terri Vaughn, and Carl Payne.

Johnson, as well as Patent and Payne are Howard alums.

"Forums like these extend the education they (students) receive here and shows the real side of the business. It's a balance," Ray said. "It helps them to not make mistakes when they leave."

The comfortable, small setting of the room helped the cast members open up and they quickly began taking questions. The first topic was the "business of show" and how it affects black actors.

Givens stressed the importance of support and education that students get at Howard.

"I went to Sarah Lawrence [College] where things were very different," Givens said. "The support of one another here is tremendous."

Vaughn, who is well known for her role as Lovita on the Steve Harvey show, agreed with Givens.

"You guys are all ahead of me when I was in college. I actually stumbled into acting," Vaughn said.

Originally Vaughn was an advertising major and got into acting after competing in a pageant.

"As my talent, I did a monologue from 'For Colored Girls who have Considered Suicide When the Rainbow is Enuf' and David Talbot was in the audience. He asked me to come to an audition for one of his plays," Vaughn said. "My journey was directed by God."

The discussion moved onto the craft of art and where it stands in the African-

American community. The cast and audience agreed that things need to be changed for the public to respect black actors and productions.

"The problem with black audiences is their expectations of black plays," Randall Holloway, a sophomore theater arts major said. "We're used to Tyler Perry-like plays, that are relatable to the church. So when things get serious they automatically laugh, because they don't know how to respond. It makes them uncomfortable because it may affect them personally," Holloway added.

Patent also talked about stereotypical roles blacks receive and how she often got the "baby momma" roles.

"There needs to be more black female writers," Patent said. Givens chimed in by voicing her concern with attractive women who think their looks will propel their career.

"Any pretty girl thinks she can act. These videos girls always say it's a stepping stone for acting, which belittles my craft," Givens said.

Payne, who played the role of "Cockroach" on The Cosby Show, told the audience something Bill Cosby said when he didn't get the part of Theo.

"Cosby said, 'You don't always get a job based on your talent,'" he said.

See PAYNE, NEWS A3



Howard Law Journal Hosts 'What is Black?'

BY TRAVER RIGGINS
Hilltop Staff Writer

The Howard Law Journal hosted the third annual Wiley A. Branton symposium titled "What is Black?" in the Moot court room of the Howard University School of Law (HUSL).

Lasting from 8 a.m. to 4 p.m., the all day event included three panels, a keynote speaker and a scholarship presentation.

The event was in commemoration of the late attorney and HUSL dean, Wiley A. Branton. Branton, a partner in the Sidley Austin law firm.

"Branton was an amazing civil rights litigator," said Shirlethia Franklin, HUSL student and editor-in-chief of the Howard Law Journal. Branton spent his life working toward civil rights for blacks.

"When he died, Sidley Austin wanted to do something to commemorate his life and his work. The best way to do it was at Howard School of Law," Franklin said.

Since his 1988 passing, there has been a scholarship awarded in Branton's name to the law student with the highest grade point average after their first year at HUSL. The award was presented in a luncheon honoring the recipient.

Three years ago, the idea arose among the Howard Law Journal to make the event bigger.

"We went to Sidley Austin and said 'Let's do more,'" Franklin said. They then decided to turn the luncheon into the day-long symposium it now is.

This year's scholarship recipient was TeErra Henderson, second year HUSL law student.

"The most special part of this is that the award is in his name. It serves as a reminder to myself to be a leader," Henderson said.

The symposium's theme was "What is Black?: Perspectives on Coalition Building in the Modern Civil Rights Movement."

"We wanted to talk about something not strictly legal," Franklin said. "We decided to bring in all ideas and tie them into a legal setting," she said.

The three panels focused on various subjects.

The first panel which focused on minorities with-

in a minority consisted of Jody David Armour, professor at the University of Southern California, Kimberly Jade Norwood, Washington University School of Law professor, and John McWhorter, senior fellow at the Manhattan Institute. The panel spoke on issues such as homophobia and the "Uncle Tom" label within the black community.

"They discussed homosexuality among blacks and having to face discrimination not just from the world in general but also the black community," said Richard Lecky, HUSL student.

The second panel focused on interracial coalition building, what effects white studies have on the notion of blackness. E. christi cunningham, HUSL professor, Thomas Ross, professor at the University of Pittsburgh, and Kathryn Russell-Brown, University of Florida professor made up the panel.

The keynote speaker, Patricia J. Williams of Columbia University spoke on a variety of subjects.

"She quickly covered a lot of information," said HUSL law student, Damien Scott. "It showed how much she had to say and how much she could go in depth if she were able to address each subject individually," he said.

Williams spoke about black children acting white and vice versa and how the notion has been somewhat dispelled but in fact is still a reality.

Scott said, "She talked about the disadvantages and some of the advantages it has allowed."

"Her approach is inspiring to continue to diligently study and critically think about the subject and will hopefully inspire positive change in the future," Scott said.

The third panel discussed intra and inter-racial conflicts and their solution.

In some final thoughts, Harold McDougall, the panel's moderator and HUSL professor said, "Social change will not take place in our lifetime. In order to make an everlasting change people need to understand that the work put in today will not result in benefits for tomorrow but a generation from tomorrow."

Is Black Panther Party Needed?

BY MESSIAH RAMKISSOON
Contributing Writer

A movement founded on the principles of liberation and solidarity, the Black Panther Party is one of the most prominent revolutionary organizations within black history. Aside from its radical reputation, the Panthers embrace an everlasting legacy of community outreach efforts ranging from issues to health and education. Due to not only the radical stigmas attached but also its evolutionary trials, the question lingers as to whether or not an organization of such stature is a necessity in 2006.

The Black Panther Party was founded in Oakland, California by Bobby Seale and Huey P. Newton. Currently in the midst of its 40th year anniversary, and composed with a strong self-defense program, the organization maintains its militancy as an independent entity.

Displaying resistance to the California state weapons restriction law, a group of 30 armed panthers were arrested for publicly protesting. According to historical evidence, this incident was the motivational boost for the fruition of the Black Panther Party.

They began to implement as well as support initiatives with the goal of achieving freedom and equality for human kind, focusing on racial prejudice, police brutality and community empowerment. They also created an independent communications outlet entitled "The Black Panther" newspaper.

One of the leading efforts for the Panther Party was the "Free Breakfast For School Children" program. This was led by one of the Party's elite members, Fred Hampton, who also initiated several cause-oriented services including a community medical center as well as door-to-door sickle cell anemia tests and blood drives. Hampton was later assassinated by members of the Chicago Police Department in his home along with Mark Clark and others who were not only killed but injured.

President of Reynolds News Service and Religious Columnist for the National Newspapers Publishing Association, Dr. Barbara Reynolds, was the first reporter to be on site and report on the murder of Fred Hampton and Mark Clark in 1969. Ms. Reynolds who is also a Professor at the Howard University School of Communications has followed the Panthers during the 60's, 70's and 80's. She elaborates on the emergence of the New Black Panther Party and its relation to the community.

"If you have a New Black Panther Party, it cannot be isolated from the community," Reynolds says. "It has to work with all groups in the community to ensure that they are protected when at odds with the mainstream."

Ms. Reynolds further elaborates on the need of focusing on community improvement using a non-violent approach. "There must be groups within the communities that can speak peace to this generation



Malik Zulu Shabazz, National Chairman and Attorney for the New Black Panther Party, said the group is moving forward.

reaching them where they are. Seventy-two percent of black homes are being fathered by young black women. Kanye West says that Bush doesn't care about black people but we need black people to care about black people."

National Chairman and Attorney for the New Black Panther Party, Malik Zulu Shabazz states, "the New Black Panther Party has not been properly represented by the mainstream media." Shabazz says, "the New Black Panther Party is continuing today on an advanced level avoiding mistakes that were made in the past. The Party has been active resolving gang conflicts, working in conjunction with the Bloods and Crips in areas such as New York, New Jersey and Atlanta. We are training a new platform of activists and revolutionaries to be the next generation of freedom fighters."

Mr. Shabazz is currently on a speaking tour on college campuses throughout the country teaching students about their roles in the movement. "We have an established liberation school where students are taught African history and knowledge of themselves. We are also present in projects across America holding free cook-outs, rallies and free clothing donations."

Freshman Radio, TV and Film major, Pen Darvis, who is also a native of Oakland, California, the birthplace of The Black Panther, elaborated further. "The same institutions are still around that was around during that time. You still have heavy drug influence, bad public education and oppressive authority figures. This is why The Black Panther Movement is still needed."

Some Howard Students Share, Others Don't Dare

Howard Students Discuss Sharing Habits With New found Friends, Classmates and Roommates

BY MERCIA WILLIAMS-MURRAY Hilltop Staff Writer

For most new students at Howard University, newcomers are experiencing things like

never before such as getting most meals out of a cafeteria, being responsible for personal safety and personal property, being away from home for an extended amount of time

and sharing living space with another person. For nearly all freshmen, one's roommates are people who students had never met before move-in day back in August.

The experience can be a unique and challenging one, not only sharing a room but also getting to know someone and figuring out little personal quirks, pet peeves, etc. For some students the transition is very easy. Most find that it does not take much adjustment and compromise to make the living situation pleasant, or at least bearable. Quite a few people become good friends with roommates.

Freshman Dominic Sampson said "Me and my roommate are tight. We don't have any problems. We share everything. You can have some juice, as long as you don't finish it off. It's just about being smart-no [sharing] underwear and socks."

There are roommates who share with arms wide open.

Senior audio production major Hakeem Harmon said, "I live with like all my brothers basically. Nothing is off limits. We already have our own bathrooms and showers. I have my own fridge for convenience and so that if I don't want to share something I can put it in there...like my Twisters."

In reference to her roommate, sophomore biology major Jenise Cameron said "We all put toilet paper in the bathroom for everyone to use and I share my computer and TV. Sometimes she [my roommate] puts stuff in my fridge, she can use pretty much anything but I'm stingy with my food just because it's something I buy and there's nothing worse than somebody asking for food when you don't have much left."

She also said that "when it comes to things that the roommate might use sparingly but still uses like ink for printing papers that's something that she would need to give me some money for."

Every student does not share Sampson's and Cameron's take on sharing.

Freshman administration of justice major Kayla Gardner said, "I don't really share much with my roommate, because we both pretty much have our own stuff. If we do share, it is something basic like a bottle of water or a comb or something. We haven't really set limits because we were both really

prepared- two TVs, two fridges, two DVD players, etc."

While it is convenient and sometimes better to have one's own things, sharing often helps people to bond and bonding is definitely a plus when sharing a living space with someone for nine months. It is not possible to control someone's personality or feelings but being stingy with belongings does not help the situation much. This is not to say that a person should let his or her roommate use whatever, whenever every person has to decide on boundaries and expectations when it comes to a roommate.

Surprisingly, sharing space with a complete stranger gives birth to strong alliances. Despite the frustration and tension that comes along with deciding what a roommate can use and how much, friendships are built. Gardner said, "This co-habitation really initiated a friendship where there may not have been one before because we have different interests. I may not have met her otherwise."



Kenneth Connell - Contributing Photographer

A student shares with her friend on campus. Many students at Howard have a variety of preferences when handling sharing situations with their new found friends, roommates and classmates. Sharing is said to foster friendships and lifelong bonds between freshmen.

The Hilltop

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CHAPEL RECAP: OCT. 22, 2006 Delk Tells Students to Move Forward Through Struggles

BY MERCIA WILLIAMS-MURRAY Hilltop Staff Writer

Dr. Yvonne Delk told students to keep moving forward despite many of the world's ills at chapel service yesterday.

She spoke of the millions of people in the U.S. that are without healthcare and of those dying of starvation and malnutrition. To much agreement from the congregation, she said that "many jobs offer a minimum wage instead of a living wage."

Going on she mentioned the recent occurrences of natural disasters such as the tsunami and Hurricanes Rita and Katrina-all of which wiped away cities and "broke spirits, communities, hopes, and dreams."

Digging deeper, she mentioned the fact that this has been one of the deadliest months in Iraq.

"Lives continue to be lost in a war that I feel cannot be won," Delk said. "Yet, despite all of this, God says move forward."

Delk is the founding director for the Center of African American Theological Studies in Norfolk, Va., and has taught and lectured on five different continents. She is an author, essayist, and is a renowned and prolific interfaith leader and speaker.

Delk based her sermon on Exodus 14:13-15 which reads as follows: "Moses answered the people, 'Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. The Lord will fight for you; you need only to be still.' Then the Lord said to Moses, 'Why are you crying out to me? Tell the Israelites to move on.'"

She spoke of the dissonance in the Hebrew community and the challenges of escaping four hundred



Teresa Watts - Contributing Photographer

Basing her sermon on Exodus 14:13-15, Delk told students to keep moving forward on Sunday.

years of bondage in Egypt. In between "a rock and a hard place," Pharaoh was behind the Hebrews and the Red Sea was in front of them. Delk said, "a no-win situation makes you question yourself, God, and the person who got you in the situation. Fear sets in and unity dismantles."

With the Hebrews, God still said "move on." Delk said that this applies to everyone. "You have to trust in God and trust that he'll bring you through. Then you have to get some courage in your back bone and move forward."

Delk reminded the congregation that "we are not an isolated and separated people. No, we belong to a network of relationships... we receive life from those who came before us and we can all call names of men and women who've made it possible for us to be where we are."

Since it was social justice

discernment Sunday, she mentioned Howard alumni that are down for the cause such as Stokely Carmichael and Toni Morrison. After this she called out the names of some of the other famous faithful such as Harriet Tubman, Frederick Douglass, and Sojourner Truth, who despite everything, moved forward.

"God will provide space and room for deliverance... with lynchings and Jim Crow segregation, God provided room and space for our deliverance," Delk said. She said that even when you can not see it, "burdens are being turned into blessings, obstacles into opportunities, and stumbling stones into stepping stones."

In her conclusion, she said, "where you are or where you may feel stuck at is your location but God is making room and space for your destination...it's movement time."

Payne Visits Fine Arts

PAYNE, from Campus A1

Payne also disclosed how there is much to learn about the industry once actors become a part of it.

"People assume you know, so we have to share information," he said. When asked about his role on the early 90's comedy Martin and if

he was typecasted after the show ended, he admittedly responded, "People think you are that person. It was hard to get out of that best friend role," Payne said.

Overall, students walked away from the forum with a wealth of knowledge. Students were able to ask questions, network and learn the inner

workings of the show business.

Jacqueline Washington, a senior directing major said, "I definitely got motivation and inspiration. This reaffirmed my dedication to the arts."

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What's happening in the Residence Hall?
"Hall Happenings"
October 2006

TUESDAY 24, 2006

DEAN'S NIGHT OUT, 7:00PM, DREW HALL

WEDNESDAY, OCTOBER 25, 2006

SACRED SPACES, 7:00PM, SLOWE HALL

"SUICIDE PREVENTION", 7:30PM, DREW HALL

THURSDAY, OCTOBER 26, 2006

HIV/AIDS AWARENESS, 7:30PM, CARVER HALL

DENTAL SEMINAR, "KEEPING THEM PEARLY WHITE", 7:30PM,
DREW HALL

DEAN'S NIGHT OUT, 7:00PM, TUBMAN QUAD

FRIDAY, OCTOBER 27, 2006

"A FAMILY AFFAIR WITH MERIDIAN HILL", 8:00PM,
MERIDIAN HILL

SATURDAY, OCTOBER 28, 2006

THE IN'S AND OUT'S OF ORAL HEALTHCARE, 7:30PM

HOWARD PLAZA TOWERS

"DINNER & THE HAT", 7:00PM, MAYS HALL



SUNDAY, OCTOBER 31, 2006

The Haunted Hilltop, 6:00pm, Cook Hall



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Analysts: Recent Iraqi Death Toll 'Irresponsible'

BY JUMANA ABDUL-MALIK
Contributing Writer

Staggering figures are forcing political analysts to debate the accuracy of a recent report that shows the Iraqi civilian death toll at 655,000 since the onset of the war.

The report was released by the Bloomberg School of Public Health at Johns Hopkins, published in this month's edition of the scientific journal, *The Lancet*.

This figure shows a large disparity between the death tolls reported by other organizations, including a death count of 30,000 issued by President Bush in December.

Professor of Public Health at Johns Hopkins and leading author of the study Dr. Gilbert Burnham and his team collected data by using a standard cluster sampling.

Director of the Middle East Program at the Carnegie Endowment for International Peace Marina Ottaway qualifies the way the data was collected but questions the accuracy.

"The methodology that is used is a standard method in many cases and there is no reason to doubt its validity," Ottaway said. "The question becomes: 'How well was the sampling done?' No one has sufficient information to see how well the samples were supplied, and a lot of times some interviews don't get done due to the fear of going

into certain areas. There are always elements of uncertainty."

The Bloomberg School of Public Health worked along side Al Mustansiriya University in Baghdad and surveyed over 1,800 households, interviewing 12,000 individuals. The study, which was completed in July, found that within the 40 months that have passed since the invasion of Iraq, there have been 654,000 excess deaths, (601,000 of them from violent causes) with gunfire being the most common cause of death.

President Bush refuted the validity of the report in a recent press conference.

"I don't consider it a credible report. Neither does General [George] Casey and neither do Iraqi officials. . . . A lot of innocent people have lost their [lives] -- 600,000, or whatever they guessed at, is just -- it's not credible," Bush said.

Political analysts like Michael O'Hanlon, senior fellow at Brookings Institution, said the methodology of the data was irresponsible.

"I think the figure is a factor of 5 to 10 too high," O'Hanlon said. "For one thing, they claim death certificates exist for almost all the victims. . . . Why do Iraqi authorities, who issue the death certificates, have no record of such high casualties, and why are their own estimates a factor of 5 to 10 less? I think it is

not only way off, but irresponsible."

The report explains that the U.S. Department of Defense and other organizations counting bodies in Iraq only track deaths in areas of the country that have certain access to the media and where mortuaries can be easily visited.

One similarity in this report and in those of other organizations is that they all show an identical and steady upward trend in the rates of violent deaths.

Ottaway said the despite its controversial data, the efforts were fair.

"We should take that figure with a lot of caution. Certainly it is legitimate to say that several hundred thousand were killed," Ottaway said. "I think the report was honest and was done as well as possible considering the circumstances."

This is not the first controversial study reported by the Bloomberg School of Public Health. They published a similar report calculating the number of civilian deaths in Iraq since the beginning of the war on Oct. 28, 2004, two weeks before the presidential elections.

A similar politically charged environment surrounds the release of this second report. The U.S. is weeks away from the mid-term elections.

In this week's online



Photo Courtesy of www.middle-east-online.com

The Bloomberg School of Public Health worked along side Al Mustansiriya University in Baghdad to survey more than 1,800 households, interviewing 12,000 individuals.

"podcast," an audio summary of The Lancet's most recent issue, journal editor Richard Horton said, "The whole story moved from being an issue of public health to one of politics . . . almost instantaneously. I don't think anyone can say it was published with any deliberate intent to influence the political process, but it clearly does."

Senior mathematics major Charles Mills Jr. said, "I think Bush is denouncing the report to keep the public's attention off of what's really going on. I believe without a doubt that the death toll is greater than 30,000, but it might not be as

high as 650,000."

Whether the number of actual deaths is as high as this new report claims or as low as The Department of Defense reports, the common upward trend that all reports exhibit proves to be a troubling statistic, and raises concern over the U.S.'s progress in Iraq.

Students on Howard's campus fall somewhere in between the skeptics' view and those who support the report's credibility.

"Bush has shown that he does not want to face the reality of Iraq," Ottaway said, "but he is beginning to. His refusal of the study is an indication

of his refusal of acknowledgment. I think there is a need for fundamental rethinking of the policy not only because a lot of people are dying, people will die in these situations. Is there a policy more likely to stop violence sooner and allow them to truly rebuild?"

"I can say with a good amount of confidence," Mills said, "that anything released concerning political issues is going to be used to boost either side's ratings in any effort to run for some political office."

Product Red Spreads AIDS Awareness Globally

BY KANITA MASON
Contributing Writer

AIDS has claimed the lives of an estimated 2 million people in Sub-Saharan Africa in the past year. This region is more heavily affected by HIV and AIDS than any other region in the world, according to AVERT, an international HIV and AIDS charities' website.

To try and off-set the statistics, celebrities such as talk show host Oprah Winfrey and humanitarian/rocker Bono have supported programs in order to earn money for those suffering.

The program, Product Red, is an initiative started by rock star Bono and Bobby Shriver of Debt AIDS Trade in Africa. Its aim is to raise money for the Global Fund to Fight AIDS, Tuberculosis, and Malaria.

Through Project Red, partnerships are set up with companies such as American Express, Apple Computers, Inc., Converse, Motorola, Gap and Giorgio Armani. Each company will create a product with the Product Red logo and a percentage of the profits



Photo Courtesy of www.theglobalfundmail.com

Celebrities like Kate Moss, Kanye West, Bono, Oprah Winfrey and Mary J. Blige have endorsed Product Red.

from the sale of these labeled products will go to Global Fund.

The companies will be selling the following products: American Express is selling a red card; The Gap is selling a line of clothing including T-shirts made in the African Country of Lesotho from African-grown cotton; Converse is selling a shoe made from African mudcloth; Giorgio Armani is selling wrap-around sunglasses; Motorola is selling special edi-

tion SLVR and RAZR mobile phones; and Apple Computer has released a special edition iPod Nano.

"Some people won't put on marching boots, so we've got to get to people where they are at, and they're in shopping malls," Bono said in an interview with CNN.

He also said, "Now [when] you're buying jeans and T-shirts, you're paying for 10 women in Africa to get medication for their children with HIV."

According to Doug Piwinski, a spokesman for Product Red in an interview with CNN, the Product Red Initiative has raised more than \$12 million for the African AIDS Programs since starting in Britain this past spring.

Julian Akin, MD, a doctor in Northern Uganda Africa and AIDS expert, said the widespread publicity is one way to fight the destructive disease.

"I believe AIDS is a global problem," Akin said, who works in a hospital specializing in AID/HIV treatment. "Everyone should get on board using whatever means they have."

She continued by explaining that what Bono and Winfrey are doing is just another form of advocacy.

Many agree with this method of awareness. Junior international business major Kristen Mencer said, "I think it's great because it provides more publicity for a growing problem, and it will ultimately help promote awareness and provide support."

With all of the pandemic's publicity galvanizing corporations and celebrities to

donate money, Akin said that individual people can also be a combative force against the disease. "It's all about getting to know the people helping," she said.

Akin explained the three most common forms of protecting oneself are: "abstinence, condom usage and remaining faithful to your partner."

She added that those at greatest risk are females who are commonly sexually abused in African countries.

Akin said, "We need to protect them. We should protect their rights."

According to the AVERT website, an estimated 24.5 million people were living with HIV at the end of 2005 and approximately 2.7 million new infections occurred during the last year. The number of those infected varies vastly from country to country within the continent. For example, in Somalia and Senegal, the prevalence is under 1 percent of adults infected, while in South Africa and Zambia the prevalence is between 15 and 20 percent of adults infected.

The epidemic has become so bad, according to statis-

tics provided by AVERT, that the average life expectancy in Sub-Saharan Africa is now 47 years, but if it was not for the epidemic it could possibly be 62 years.

Akin said individuals can volunteer in AIDS clinics, donate money to organizations established for helping others, such as an organization she works with called the Health Action AIDS Campaign. Also, consumers can buy items in one of the participating stores from Product Red.

Other AIDS Publicity

Missy Elliott teamed up with Levi's to design a one-of-a-kind denim jacket that will be on sale from November 22 - December 1 on eBay.

On December 1, MTV and Levi's are producing "Staying Alive," a 90-minute commercial-free concert on two continents!

Professional skater Tony Hawk will join stars like Destiny's Child, Mandy Moore and The Rock in the Until There's A Cure campaign. Profits from the bracelet sales help to make kids aware of HIV/AIDS.

U.S. Population Peaks at 300 Million, Increases Urbanization

BY VANESSA ROZIER
Contributing Writer

Behind India and China, the United States is the third most populated country in the world. Reaching a record high for the country, the U.S. now has a population of more than 300 million citizens.

According to United States Census Bureau public information representative Robert Bernstein, from April 1, 2000 to July 1, 2005, the American population has grown by 15 million, with 6.3 million, 42 percent, of them being immigrants.

With one birth every 11 seconds, the U.S. population has risen by 100 million in 39 years.

"One of the main causes for this great increase in population is because immigration has grown 15 percent in the past five years," said Carl Haub of the Population Reference Bureau.

Haub added that it is not only the immigrants themselves contributing to this increase, but also the children they have once they are in America.

Hispanics have now replaced African Americans as the largest minority. However,

with the population increase, Hispanics are in poorer shape than African Americans. "There are more of them than any other ethnic group," said economics professor Gaminie Meepagala, Ph.D.

Since there are more Hispanics in the U.S. bearing more children than other ethnic groups, they will be most impacted by the rapid population increase.

"When the population keeps growing, more areas are being urbanized," Meepagala said. When the population increases, there becomes a larger gap between the rich and the middle class. He said neighborhoods and households, especially in urban areas, are becoming more expensive.

This effect is not secluded to the cities; the suburbs feel the same ramifications. When the wealthy population continues to increase, the middle class is pushed out of the cities and further away from the suburbs.

Housing programs were established to aid in this problem but "these programs are not sufficient enough to stop the rich from pushing the middle class out," Meepagala said. Although subsidized housing programs are put in place to help the middle class buy homes, there are restrictions

that take the profit made from selling these homes from these families and give it to the county.

The country is not expanding, so Americans will have to learn to live on less and less land as the population continues to grow at faster rates. In a report issued by Vicky Markham, founding director of the Center for Environment and Population, each American is occupying 20 percent more developed land than 20 years ago. At this rate, existing environmental concerns will only worsen. For example, 85 percent of endangered plants and animals are endangered because their diminishing habitat.

Currently the U.S., which has 5 percent of the global population, accounts for 25 percent of the world's energy use. By the year 2025, the U.S. will use 43 percent more oil than used today.

"Energy use and resulting climate change are very key consequences [of the population increase]," Markham said in the report.



US Population Density by County created from the Census 2000 Long Form DVD

Photo Courtesy of www.geolytics.com

With the growth of the U.S. population, more regions are being urbanized. The rich/middle class gap is widening.

A 5°F - 9°F temperature increase is predicted for the next 100 years. This means more severe weather for coastal regions, especially the Mid-Atlantic and Gulf Coasts.

"We predict the population will reach the 400 million mark by the year 2043," Bernstein said. "That is just 37 years in the future."

Electronics Reign Supreme on Gift Lists

BY CORTNEY CLEVELAND
Contributing Writer

The electronics industry is predicting a particularly profitable holiday season to conclude 2006. The Consumer Electronics Association (CEA) recently forecasted that revenues for the electronic industry would reach \$21 billion this holiday season, a 21-percent increase from last year.

Howard students' wish lists reflect this prediction. Some students, like sophomore print journalism major Vanessa Rozier, want a stocking full of electronics.

"I need an iPod for Christmas," she said. "I also need a phone though, but I'll settle with an iPod with a case and the wristband. So let's just say iPod and accessories."

Sophomore communications major Daniel Alston has more expensive taste.

"I want a tablet PC. [As] a matter of fact, upgrade that to a PS3," he said.

Electronics also ranked high on junior chemical engineering major Brittany Harvey's wish list.

"I want a flat screen or a

plasma TV. MP3 players are still in, and definitely a satellite radio," she said.

All of Howard students' gift ideas ranked high in popularity during the CEA's 2006 Industry Forum. The CEA held a three-day conference to inform electronics professionals, industry analysts, and media about the latest trends and technology affecting the industry.

The association predicted electronics would dominate a quarter of the holiday shopping market with every household in the country spending \$195 on consumer electronic gifts. Consumers will be lured in by the declining prices of many new products.

The top ten list of must-have products include DVD players from Panasonic and Phillips, Canon digital cameras, flat screen televisions, new cell phones from brands like Motorola, and in the top slot, MP3 players.

Apple's iPod accounts for more than three out of every four units of MP3 players sold. The recent release of a new line of iPods featuring cut prices and larger capacity signal the continuation of the company's domination of

digital audio sales.

Apple's star for the holiday season is the iPod nano Red Special Edition. The iPod meshes perfectly with the holiday season with features such as a red case and a portion of its profits going to the Global Fund to benefit programs for African women and children affected with HIV/AIDS.

Motorola is releasing an array of products for the holiday season in hopes of garnering consumer attention. "Motorola feels that our focus holiday products are sure to be top of [Howard students'] wish lists," said Sharmista Chatterjee, a representative for the company.

The MOTORAZR V3m is an upgraded version of the popular RAZR. It features an integrated MP3 player and a memory card slot for added storage for music files.

The company is also introducing the MOTOKRZR. The phone's slim size is reminiscent of the RAZR but it features a mirror-like metallic finish and the capability to take print-ready photos.

For students looking for a digital camera, PC Magazine recommends the Canon



Photo Courtesy of www.povre.com

Electronics are popular Christmas list items. Many people want such items as the new RAZR cell phone, a Canon Powershot A630 digital camera or a Red Special Edition iPod.

Powershot A630.

"The Powershot A630 packs an amazing array of useful features and is incredibly simple to operate...it is

well worth the investment."

said PC Magazine writer Terry Williams. The Powershot A630 is available for \$239 to \$335.

These companies will soon learn if the CEA's prediction is correct on Nov. 24, when the holiday shopping season officially begins.



Photo Courtesy of www.gbs.org

Parents are urged to look for other sources of financial aid for college age children.

Parents Underestimate Costs of College Price Tag

BY ASHLEY MASON-GREENE
Contributing Writer

Parents think that scholarships are the answer to funding a child's college education. While scholarships are the ideal payment, the fact of the matter is many American parents overestimate the amount of scholarship money students will receive.

A recent study conducted by Alliance Bernstein Investments Inc. found that parents are depending mostly on scholarships and grants to pay for students' education and as a result, are inadequately prepared for college expenses.

The study analyzed college saving habits and goals of parents with children under the age of 18 and compared them with what college financial aid administrators say about college funding.

87 percent of parents surveyed are counting on scholarships and/or grants to cover a portion of students' education, while 97 percent of financial aid administrators think parents have a false sense of security that colleges will help cover college costs. An alarming 92 percent of financial aid administrators say parents overestimate the amount of scholarship and grant money children will receive.

Many parents are wondering what this means for American college students. Even with scholarship aid, many students still have to find other funding for college.

Sophomore nursing major Ellis Williams obtained a scholarship from Howard, but his parents still had to seek money elsewhere through loans, grants and other sources.

"My mom was prepared," Williams said. "My sister went through the same process two years before I did."

Other students feel differently. Sophomore business administration major Brenden Whitted received the Laureate schol-

arship from Howard which pays for tuition, fees, room, board, and provides a \$950 book voucher. Since he had no college fund, Whitted feels very fortunate to have gotten the scholarship, but said, "I would have stayed in state if I hadn't received a scholarship to spare my parents of the financial burden."

Sophomore sociology major Melanie Holst-Collins was awarded a partial scholarship from Howard but says her parents still had to take out a large loan to pay for the rest of her schooling.

"I worry about my parents having to pay it all back," Holst-Collins said.

Director of college savings plans for Alliance Bernstein Jennifer DeLong said, "They're not considering college saving as part of their overall financial plan; they're not talking to financial advisers."

Finance professor, William Brent, Ph.D. believes parents need to plan long before their children become college-bound. He suggests looking around at different schools picking a sector of universities and figure out what is being charged and making a projection of 3-5 percent growth rate of each school, every year up until the year the child enters college because this number represents the compounded growth in tuition.

These steps will lift the load of dealing with college loans off of the shoulders of parents as well as students. Those families who save in advance are much less likely to be forced to make drastic lifestyle changes in order to deal with college debt.

The Alliance Bernstein survey of 1,358 parents was conducted by Mathew Greenwald & Associates Inc. and had a margin of error of plus or minus 2.6 percentage points.

Exercise Made Easy With Virtual Training Programs

BY SAKITA HOLLEY
Contributing Writer

Nike and Apple Computer Inc. have both teamed up to launch Nike+iPod, an audio program that integrates cross training and technology. This partnership combines the worlds of music and sport through a line of innovative Nike+iPod products. The first product developed through this partnership is the Nike+iPod Sport Kit, a wireless system that allows Nike+footwear to "talk" with an iPod Nano, connecting users to one's own personal running and workout experience.

According to an Apple press release, the new Nike+ Air Zoom Moire is the first sneaker designed to work with iPod. Once Nike+ footwear and iPod Nano are connected, information on time, distance, calories burned and pace are stored on the iPod and displayed on the screen. Real-time feedback is also provided through the headphones.

Nike and Apple are not the first to tap into the growing market for health games and programs. During the annual Games for Health conference, new games and initiatives were introduced to promote getting in shape, recovering from illness and teaching health concepts.

Predecessors to the Nike+iPod Sport Kit include Yourself!Fitness and EyeToy: Kinetic. Yourself!Fitness is a personal training program compatible with a personal computer or gaming console like Playstation 2, Xbox or Xbox 360. Yourself!Fitness uses virtual trainer "Maya," who cus-

tomizes exer-

cise programs for its users while EyeToy: Kinetic, a training game created by Sony, is able to track a user's progress directly with the use of an Eyetoy camera that captures movements and beams them onto the screen.

Because both programs have since been discontinued, the Yourself!Fitness and EyeToy: Kinetic were never able to surpass the 200,000 sold mark. The Nike+iPod Sport Kit, however, has the ability to attract over 50 million iPod users in the U.S. Nike and Apple also capitalize on American college students' desire for convenience.

Sophomore human development major Jennifer Bien-Aime said, "The Nike+iPod Sport Kit is an attractive exercise option because it doesn't restrict me to only going to the gym," she said. "I can use it in the comfort of my dorm room or anywhere I please."

Similar to Bien-Aime, many students like the idea of a less intrusive workout plan to accompany very rigorous schedules. Additionally, virtual training programs such as the Nike+iPod collaboration can serve as a solution for individuals with body image issues and increase self-esteem.

"I would consider using virtual training programs because of the privacy they allow. The gym is too crowded and my schedule just doesn't permit," said graduate chemical engineering major J Campbell.

The Nike+iPod Sport Kit boasts affordable pricing that has students breathing a sigh of relief.

"I would buy the kit because of its affordability and the need to add the necessary activity back into my daily routine," Campbell added.

The convenience and cost of the Nike+iPod Sport Kit and other virtual training programs aren't enough to detract from the possible risks involved with use. Experts argue that a virtual trainer cannot track all three key aspects of conditioning such as intensity, frequency and duration.

Senior pre-physical therapy major and student athletic trainer Kristin Kimble agreed.

"With virtual training programs, the personal element is lost and there is a big difference between someone personally giving you the needed feedback and providing that motivating factor," she said. "Electronic devices cannot evoke emotion and they can be inaccurate on many levels."

"No amount of on your own training or virtual assistance can make up for doing exercises incorrectly and thus doing them ineffectively," Kimble said. "You need that expert opinion."

The kit has a suggested retail price of \$29 and is sold through the Apple Store (www.apple.com), Apple's retail stores, Nike.com (www.nike.com), Niketown and NikeWomen stores.



Photo Courtesy of www.mcnm.com

Nike tennis shoes and Apple iPods are teaming up to create a virtual exercise program although trainers don't recommend the program replacing trainer to client contact.


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Bison Shut Out North Carolina A&T

BY ED HILL, JR.
Special to The Hilltop

The Howard University defense, which has played well as of late, got a big boost from the struggling offense and rolled to a 26-0 win over North Carolina A&T in a Mid-Eastern Athletic Conference game at Aggie Stadium. The win snapped a six-game road losing streak for the Bison (2-5, 1-3 in the MEAC) while the Aggies (0-7, 0-4 in the MEAC) remain winless.

The Howard offense, which had scored only one TD in the last 8 quarters of play, set the tone on its first possession by going to a flea flicker that surprised North Carolina A&T. Freshman quarterback/wide receiver Michael Harper took a reverse from starting QB Brian Johnson, rolled to his right, and connected with senior wide receiver Larry Duncan for 50 yards, setting up a 26-yard TD pass from Johnson to wide receiver/quarterback Martin Decembert.

"It is something we worked on in practice all week," said Howard Coach Ray Petty. "Harper is one of our six QBs, but he had been hurt since early in the season. We had three of our starting wide receivers out with injuries, so we had to rely on some reserves and they came through."

The Bison missed the PAT when the ball was snapped over Dennis Wiehberg's head.

On the Bison's next possession, Johnson took his team on an 11-play drive that covered 54 yards and used over 5 minutes off the clock. Senior running back Antoine Rutherford tried three times to punch it in from the one-yard line before getting it in on fourth down. Howard attempted

a two-point conversion, but failed, making the score, 12-0.

The Bison all but put the game away on a 12-play, 80-yard drive that again used more than five minutes off the clock. This time red-shirt freshman quarterback Floyd Haigler engineered the drive, but it was Rutherford (14 carries, 49 yards 3 TDs), who finished it off with another one-yard plunge.

"Our offense finally put together some drives that used up the clock and gave our defense a chance to rest," Rutherford said. "They have played well most of the season and this was a chance to reward them for their efforts."

The Bison defense, which has allowed only two TDs in the last eight quarters of play, limited the Aggies to 138 yards total offense, only 38 on the ground.

"We feel very good about this unit," said Howard senior linebacker Timothy Lockett, a team captain who was playing his last game in his hometown. "We feel we are one of the best defenses in the MEAC and regardless of what the offense does, we try to be consistent."

The North Carolina A&T offense had problems with the Bison defense all day and when they showed signs of moving the ball, they stopped drives with mistakes (10 penalties).

Howard closed out the scoring with another time-consuming drive, this one 74 yards on 11 plays. Again it used over five minutes and again, it was Rutherford, who capped it off with a one-yard dive.

"This was a good win after last week's loss," explained Petty on the heartbreaking, 18-12 double overtime loss to Morgan State at home. "I am very proud of the team



Photo Courtesy of HU Sports Information

Danual Pearce spearheaded the Bison defense with a sack and an interception while holding North Carolina A&T to 138 yards of total offense.

and how they responded."

GAME NOTES: Senior wide receiver Larry Duncan had a career-high 8 receptions for 125 yards...the Bison had a perfect balance of a season-high 272 yards passing and 272 yards rushing...Johnson, in his second start, led all rushers with 76 yards while completing 10 of 14 passes...Harper, in his first action

of the season, grabbed 4 passes for 43 yards...senior defensive linemen Rudy Hardie (2.5 tackles for losses) and Edwin Piner continue to play at a high level while the trio of linebackers Timothy Lockett (6 tackles), Danual Pearce (8 tackles, an interception) and Robert Dowdy (7 tackles) continue to make a strong argument as the top linebacking corp in

SCOREBOARD & SCHEDULE

SCORES

Friday

Women's Soccer

S.C. State	3
Howard	4

Saturday

Football

Howard	26
N.C. A&T	0

Men's Soccer

Longwood	0
Howard	1 (OT)

Sunday

Francis Marion	6
Howard	0

TODAY'S GAMES

None

Lady Bison Soccer Pick Up First Win in OT Thriller

BY WINNIE CLARK-JENKINS
Hilltop Staff Writer

Excitement and relief came from the field of Greene Stadium Friday evening, as the Lady Bison soccer team was able to put their first win of the season on their scoreboard. In a home game against South Carolina State, the ladies were able to score their win in overtime.

The Lady Bison had a second game over the weekend, played against Francis Marion at home as well. Unfortunately for the women's soccer team, that game resulted in a loss.

However, Friday evening's game was what really made the team proud of their performance. The game winning goal was scored by freshman DeLaine Anderson, finalizing the game's score at 4-3 with a win for the Bison. Anderson's goal came four minutes into the first overtime.

"I want to have more heart in my game," said Anderson earlier this season.

On Friday, Anderson played with a lot of heart as she worked hard with her fellow Lady Bison to pull out a win.

Her goal helped the team snap their 18-game losing streak that dated back to last season. The Lady Bison have had a rough season plagued by numerous injuries and has regularly been under-manned, with just enough players to be in the game.

"It's a relief to get the first win," said head coach Erinn Garner, Howard's first-year coach and a former Bison player. "It's definitely good for the team, I am so happy for them. They have been through so much."

After the first half of the game, the Lady Bison trailed 3-0 against South Carolina state in the United Soccer Conference game. The first goal of the women's soccer team was scored by sophomore forward Natalie Williston in



Bryan Jones: Senior Photo Editor

The Lady Bison overcame a 3-0 first half deficit to force overtime, winning 4-3 on a goal from DeLaine Anderson.

the 62nd minute.

Soon after, in the 70th minute of the game, the Lady Bison scored their second goal of the game by Aliyah Glenn with an assist from team captain Meghan Nick.

In the 80th minute of the game, senior defender/midfielder Dolly Akingbohunge tied the game with a goal sending the two teams into overtime.

"Overall, we performed well and we composed," said Akingbohunge. "We were working together, talking is the key, and we ended with a bang."

The Lady Bison tried to keep up their momentum to win a second straight game when they lost to Francis Marion on Sunday at Greene Stadium. This was the women soccer team's last home game of the season.

The final score of the second game was 6-0, bringing Howard's record to 1-14 for the season.

Francis Marion's Ashley Fortune tallied the first three goals and provided an assist on the fourth of the game's six goals. The Lady Bison attempted seven shots during the game and the Lady Bison goalkeeper, Jessamyn Perkins, was able make three saves during the game.

Despite the tough loss on Sunday, the Howard women's soccer team will still take home their first win from Friday's game and go on to play their final game of the season against North Dakota State next Sunday.

The game will be played in Newark, N.J. and will kick-off at 1 p.m.

Buccaneers Beat Eagles on 62-Yard Field Goal as Time Expires



Photo Courtesy of sports.yahoo.com

Tampa Bay Buccaneers kicker Matt Bryant kicked a 62-yard field goal as time expired to defeat the Philadelphia Eagles 23-21. It was the third-longest field goal in NFL history and Bryant was previously 0-3 in field goals over 40 yards this year. The kick came after the Eagles went ahead 21-20 with 40 seconds remaining on a touchdown from Brian Westbrook. Tampa Bay also made two TD returns on interceptions from Ronde Barber.

Men's Soccer Team Falls in Overtime, 1-0 to Longwood

BY WINNIE CLARK-JENKINS
Hilltop Staff Writer

In a non-stop battle for a win against Longwood University in the Atlantic Soccer Conference, the Bison soccer team lost Saturday afternoon's home game in overtime. The game resulted in a score of 1-0.

The score was 0-0 until the end of regulation, but Longwood was able to maneuver between the Bison's quick footwork and score the game winning goal.

The game winning goal was scored with assists made by Longwood's two freshmen, Martin Vickerton and Cherner Diallo.

"Our fitness was up and we were running and attacking," said Howard freshman Joel Senior. "We just had a lack of concentration at the end, which allowed them to score."

Senior, who leads the Howard men's soccer team in assists and shots on goal this season, tried to bring the Bison a win, but the team's efforts

wound up unsuccessful.

"Overall, our play was good, but in the heat of the game, stuff happens," Senior said.

Along with Senior, the team was unanimous on the lack of being able to finish in their games.

"As a team, we did okay, but we still have trouble finishing at the end," said freshman midfielder, Nasheed Sabree. "We just always seem to get too relaxed at the end and this time it cost us."

Despite the powerfully bright sun over the field in Greene stadium on Saturday, which made it difficult for the players to see, the Bison still put up a tough fight against Longwood.

Sophomore goalkeeper Chris Taylor blocked many of Longwood's shots despite the fact that visibility was limited. Taylor finished the game with six saves from Longwood shooters.

"I think I did alright today," said Taylor. "We just could not finish and I could not make that save at the end."

he [Longwood's Vickerton] had a great shot."

Besides the team's disappointment in their finishing skills, they also felt that there were several missed opportunities over the course of regulation.

"We should have had them in regulation, but because we do not always do the simple things while we can, we wind up paying for it in the end," Taylor said.

Taylor attributed some of the "simple mistakes" to a lack of consistent communication among the team members. However, Taylor felt that some players were able to give a great deal of feed back, which helped to better drive the game.

The Bison will take on Florida Atlantic on Friday, in their final home and conference game in the Atlantic Soccer Conference of the season at 2 p.m. in Greene Stadium.

Fair Trade Grows with Mad Imports

BY JAHDAI LOCKSLEY DAWES
Contributing Writer

Mad Imports is a socially responsible company that sells handmade art and accessories from Madagascar and Kenya. The sale of these products enables families to gain economic independence and earn fair compensation for their talent and hard work. *The Hilltop* recently had a chat with the owner, Ms. Laurel Brandstetter.

TH: How long have you been in the design business?

LB: Nearly three years.

TH: What inspired you to start this business?

LB: I was working as a city planner in Brooklyn and had to leave my job due to ethical conflicts. Basically, the city was trying to deceive the community in favor of big developers. They wanted me to be in on their ploy and that's when I got out and let the community and press know what was happening. At the same time, the opportunity to start working in international community development presented itself when a relative of mine handed over his small Madagascar fundraising project. I saw it as a chance to get on the path I had always wanted to be on. The next thing I knew, I was in business. I quit my job and created Mad Imports that same month. I had no real entrepreneurial experience, but my passion for the mission coupled with several other miraculous events made it possible.

TH: Did you have any previous experience is design or retail?

LB: My background is in community development and urban design which translates a bit, but mostly the answer is no. I've had to become a good buyer, but I prefer to work with fashion designers.

TH: Through your business, what have you learned about fashion in Africa?

LB: Africa is the center of all things fashionable. Every trend and innovation can be linked to something happening in Africa. The textures, colors, weaving techniques and the way the textiles are used are really amazing. The Kanga for example, which is used by Swahili people in eastern Africa, is a colorful piece of fabric that is used for everything from carrying babies to fanning a fire to making a poetic personal statement. Each



Photo Courtesy of organic.typepath.com

Mad Imports, a socially responsible company, currently helps Madagascar and Kenya's economy by selling handmade art and fashion accessories. Laurel Brandstetter, the owner of Mad Imports wants everyone to know that her company is 100 percent fair-trade.

one has a proverb or social statement written in Kiswahili.

TH: Is African fashion similar to [that of] the U.S.?

LB: The way a child is similar to its great-great grandmother.

TH: On your website, it says that you all are a 'socially responsible' company, what does that mean?

LB: A socially responsible business has more than one bottom line. It is integrated with its surroundings and part of its character is that it has a positive impact on people, the environment and whatever industry it's a part of. There is a current buzz about 'social entrepreneurs.' To me it's just doing business like business should be done. Mad Imports is a fair trade company. Our partners are fairly compensated for their craft, we reinvest in education and community and economic development projects and we spend time fundraising for special projects. We currently fund an orphanage, a children's education project and business development workshops. Our sales provide jobs and help grow small businesses in Madagascar and Kenya.

TH: What other companies do you see embracing this way of doing business?

LB: Many local businesses in New York are socially responsible. You can visit the Fair Trade Federation website or subscribe to the Green Pages, which will give you anything from non-toxic paint companies to organic baby wear. I think supporting individual artists and small businesses in general is a good thing, especially if it's creating a monetary inflow to an impoverished community.

TH: Where do you see your company in ten years?

LB: Depending on God's will, I envision many self-organized microenterprises in Africa that are working collectively as Mad Imports. These family-owned businesses will be able to provide education to their children, create access to medicine and enable craftspeople to share their artistry with the world. There will be collaboration among designers in NYC and African nations that will generate beautiful unique products that will be featured in major department stores, websites and shops.



Photo Courtesy of BET.com

New York to Have Her Own Show

While many are still in shock of New York losing on Flavor of Love, for the second time, she's moved on. Tiffany Patterson, also known as "New York" has reportedly been given her own new show on VH1 called "Flavorette." The show has a similar structure to Flavor of Love, in that there's 20 people fighting for the affection of one person. Patterson was reported as being in love with one of the men. "There's one man in particular that I can definitely see myself living out the rest of my life with," Patterson said. VH1 is yet to decide an air-date for the show.



Photo Courtesy of www.gol.com

Snipes Filming New Movie While in Voluntary Exile

Since the end of August, actor Wesley Snipes has been in Namibia. Snipes who had previously claimed \$12 million in tax refunds, was charged by U.S. authorities for tax fraud this week. Snipes allegedly failed to file his income taxes from 1999-2004 and worked with two other suspects to file two amended returns. Chief executive officer of the Namibia Film Commission, Edwin Kanguatjivi, confirmed his whereabouts, "It is confirmed. He is definitely here." The movie he stars in is being filmed in the desert and is called "Gallowwalker."



Photo Courtesy of www.4music.com

Fabulous's Crew Member Associated with Chain Snatching Case

Not only was Fabulous shot last Tuesday in front of Sean "Diddy" Combs Justin's Restaurant, but he was shortly thereafter arrested on multiple weapons charges. The shooting occurred 23 minutes after the robbery of NBA star Sebastian Telfair. Telfair's \$50,000 chain was shown, from video footage, to have been taken by one of the rapper's friends, John Jackson, aka Fabulous and his three associates were on their way to the hospital when they were stopped for running a red light. When the police searched the car they found a .380-caliber gun and a .40-caliber gun that were unlicensed.

Power Protein Powders: Magic or Myth?



Trevia Watts - Contributing Photographer

Many athletes are turning to the various protein suppliments available, in order to bulk up.

BY DANIELLE KWATENG
Hilltop Staff Writer

Many officials wonder if athletes look to artificial substances to help build muscle. The answer for many is protein shakes. Found at GNC and many other local retailers, this product is a popular buy.

"All of the protein powders are popular and they're all sold at the same rate. We have a variety of clientele," said manager of the GNC at Dupont Circle April Green. "Protein powders alone won't build muscle; you have to workout. They just help feed it and repair torn muscle," Green said. For pre or post workout, these powders run from \$30 to \$100.

Many Howard athletes use different methods besides the shakes to warm up.

"Before a track meet I usually eat a well-balanced breakfast," said sophomore political science major and cross country runner George Johnson III. "I have never used a protein shake to warm up or while warming up, and have no intentions of starting. For the majority of our track meets, our coach will take us to either Old Country Buffet, CB or Ryan's, so that we can get proper nourishment. While traveling to the track meets we usually drink Gatorades and water to keep

our bodies hydrated," Johnson said.

"I don't use protein powders," said varsity cheerleader Alana McLemore.

"Before we practice, we run around the gym...like six to ten laps, do some sit-ups and push-ups. But I'm a big coffee drinker...for after practice," McLemore said.

Some of the ingredients used in these powders are whey, casein, fiber, whole grain carbs, and branched amino acids. Some students may know the basic benefits of fiber and whole grain carbohydrates, but may be unfamiliar with the other terms.

Amino acids may sound familiar because they are what proteins are composed of. Most students learn about them in high school biology class, but forget how important they are to healthy diets. When released into the bloodstream, amino acids support gains in lean muscle mass. Amino acids are vital for weight trainers or athletes trying to build muscle.

Professor Sterling Pease, in the physical education department, suggests for his students to take protein shakes. "If you're weight lifting you need more protein, I suggest protein shakes to all my clients," Pease said.

Recent studies showed that a diet consisting of fiber is good for building muscles as well. It has been shown to speed fat loss three times as much as low fat diets and decrease

hunger. The Food and Drug Administration (FDA) and National Research Council currently suggest most people get a minimum of 20 to 30 grams of fiber a day. Along with muscle building there's research showing that a high-fiber diet may help prevent cancer, heart disease, and other serious ailments.

Another key ingredient in many "muscle powders" is whey protein. Whey is the liquid part that rises to the top when milk goes bad. Along with being rich in lactose, minerals, and vitamins, whey protein has a high amino acids score. A lot of these protein powders contain whey, because it provides a large amount of nutrients and aminos with a minimal amount of calories.

Along with whey, is creatine another great source of protein. Creatine is an organic acid found in muscle tissue, as the energy for muscle contraction. Creatine is unique because it's primarily for high-intensity sports and is not recommended for aerobic exercises. The problem with creatine is that it initially has more psychological affects than physical.

According to Ronald L. Terjung, Ph.D, professor of physiology in biomedical sciences at the University of Missouri-Columbia, "There's 1.5 or 2 kilos of water weight. A person appears to be a little bulked up, but that is not the same as the real accrual of body mass that comes through training," Terjung said. "They look like performers, so they feel like performers. They pushed themselves to train a little harder, which made them build real strength. It's conceivable there might have been a placebo effect," Terjung said.

Protein powders do have some side effects. Those that are lactose intolerant should avoid whey. According to the FDA whey often contains a 61 to 71 percent lactose content. And as with anything containing high protein levels, be conscious of its association with kidney deterioration. Although creatine has seemingly good benefits it hasn't been FDA approved. Creatine may cause cramping and gastrointestinal side effects if taken too close to the time or workout or in extreme environmental conditions. Also one should be aware of the amount of calories in the powder.

"High-calorie weight-gain drinks usually get more than 80 percent of their calories from sugar and downing that much sugar can give you an upset stomach and diarrhea. So, in a sense, you're flushing good money down the toilet," said Miami Research Associates director of nutrition Doug Kalman, R.D. in Men Health Magazine.

EDITORIALS

& Perspectives

VOLUME 90, NO. 39

OCTOBER 23, 2006

WWW.THEHILLTOPONLINE.COM



Local High Schools Getting Shine

Drug dealers and killers are labels given too often to the students of D.C. public high schools.

That's why we at *The Hilltop* were so excited to learn that inner-city schools Coolidge High and Dunbar High would have their football game against each other televised on ESPN.

Friday night, the two teams suited up and hit the field of Dunbar's stadium in Northwest D.C. to an awaiting crowd of over 3,000 fans.

Dunbar was selected by ESPN in the spring because the team has two powerhouse players that are ranked at the top with players across the nation.

Washington Post sports columnist George Solomon noted that even at halftime people were still outside waiting to come inside.

Dunbar won the game 43-26. More important than the score was the fact that the country was able to see that all is not lost in the inner-city schools of our nation's capital.

With a front page story on the Post last year of one girl stabbing and killing another outside a local football game,

it is important for it to be publicized that there are good things going on in our local high schools.

It is also necessary, that if we want to see the students in local high schools perform better, that they know someone cares.

Our View:

It's great to see local students get national attention, especially with all the negative press District schools receive.

Friday's game unified the community, even if it was just for one night, and also let students have cameras in their faces without asking about the shooting of a peer.

Along with ESPN commentators, other notable sports figures made the game including Dunbar graduate and former receiver Isaiah Thomas.

Coolidge's team took a blow over the summer as four of its best players transferred to Ballou High School.

Coupled with Dunbar being the home of the No. 1 wide receiver in the country,

the game was not as competitive as ESPN originally planned.

Even with the tension not being as high, the event was just as D.C. councilman Vincent C. Gray described it - "historic."

ESPN hired Paragon to find teams to play on ESPN. The company spent more than \$40,000 for extra lighting, a press box and cameras to be put up at Friday night's game.

D.C. Public Schools spent \$8,602.50 so 1,000 extra people could attend the event, reported the Washington Post. ESPN paid each school \$500.

Though the game wasn't as tight as planners had hoped, it is great to see local students receive national attention.

We just hope when the cameras are gone people don't forget students in the District need support and exposure.

We have to add that looking at Dunbar's stadium, we are scratching our heads at why we as a renowned university have a stadium inferior to their's.

Oh well.
Go D.C. public schools!

Perspective: Civil Rights Leader = Lynn Stewart?

Your cover story on October 17 was entitled "Civil Rights Leader Sentenced to Prison Term."

Martin Luther King Jr was a civil rights leader; Rosa Parks was too.

Lynn Stewart? A civil rights leader? She was caught passing on terror instructions from a jailed terrorist mastermind to his followers outside of prison.

She was abusing her attorney-client privileges to get terror plots from a jailed terror

leader to terrorists. This terror leader Abdel-Rahman, tried to blow up the World Trade Center in 1993.

He tried to kill thousands of Americans. Lynn Stewart has a right to defend him but does not have a right to help him plot subsequent attacks. Your labeling her as a 'Civil Rights Leader' smudges the good name of previous civil rights leaders who gave their lives to better the lives of their people.

That is clearly not what

Lynn Stewart was doing. The truth of the matter is that she was stomping on America's civil rights by jeopardizing our safety as a crucial link in terror planning against us.

Call her a civil rights lawyer, a terrorist defender but a civil rights leader is something she is the antithesis of.

- Judah E. Beck, first year medical school student

The Hilltop

Survey Says...

A copy of
The Hilltop and
\$1.35 will
get you
on the Metro.*

Daily Sudoku

Directions: Each row, each column, and each 3x3 box must contain each and every digit 1-9 exactly once.

8		4		6				3
				3	2			4
				9	4	1	8	
	2					9		7
	4						2	
5		9					1	
	5	1	4	7				
6				3	5			
4				8		5		1

Do you want to write for THE HILLTOP?

Come to our budget meeting

Monday @ 7 p.m.

THE HILLTOP

The Nation's Only Black Daily Collegiate Newspaper

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The Hilltop encourages its readers to share their opinions with the newspaper through Letters to The Editor or Perspectives. All letters should include a complete address and telephone number and should be sent electronically on our website at www.thehilltoponline.com.

Any inquiries for advertisements or Hilltopics should be directed to The Hilltop Business office.

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Now in its 83rd year, The Hilltop is published Monday through Friday by Howard University students. With a readership of more than 7,000, The Hilltop is the largest black collegiate newspaper in the nation.

The opinions expressed on the Editorial & Perspectives page are the views of The Hilltop Editorial Board and those of the authors and do not necessarily represent Howard University or its administration.

The Hilltop reserves the right to edit letters for space and grammatical errors and any inappropriate, libelous or defamatory content. All letters must be submitted a week prior to publication.

CLASSIFIEDS

The Hilltop prints Hilltopics every Monday, Wednesday and Friday. The first 20 words are \$10 and .25 for each additional word.

ALL CLASSIFIED ADS MUST BE PAID FOR AND SUBMITTED SEVEN DAYS IN ADVANCE. \$3 LATE FEE FOR ALL CLASSIFIED ADS NOT SUBMITTED SEVEN DAYS IN ADVANCE.

Payment acceptable by cash or check. Any questions please contact The Hilltop Business Office (202) 806-4749 or by e-mail www.hilltopbusiness@gmail.com

ALPHA DELTA BETA CHAPTER, CHI ETA PHI SORORITY, INC. PRESENTS NURSING EXTERNSHIPS: THE EXPERIENCE OF A LIFETIME

6:00 PM
OCTOBER 26, 2006
ANNEX 1, RM 124

WHERE IS "THE LOVE BELOW," BECAUSE ITS SEEMS THAT "I'M LOST WITHOUT YOU." SERIOUSLY, YOU SHOULD "LET ME LOVE YOU"

Remember, your location is not necessarily your destination. MOVE FORWARD

U.S. ARMY

THE U.S. ARMY IS CURRENTLY OFFERING SEVERAL SIZEABLE ENLISTMENT BONUSES OF UP TO \$40,000. YOU MAY ALSO QUALIFY FOR UP TO \$7,000 FROM THE MONTGOMERY GI BILL AND ARMY COLLEGE FUND. OR, YOU COULD PAY BACK UP TO \$65,000 OF QUALIFYING STUDENT LOANS THROUGH THE ARMY'S LOAN REPAYMENT PROGRAM. TO FIND OUT MORE, CONTACT 202-761-4344.

HUI-PALS WILL BE SHOWCASING HOW CARIBBEAN MUSIC INFLUENCED POLITICS. WHEN: OCTOBER 24, 2006 BLACKBURN 148 @ 6:00PM REFRESHMENTS WILL BE SERVED

IT'S A NEW DAY: LET GO AND LET LOVE... -BID'NESS

WHAT'S LOVE GOT TO DO WITH IT?

CAN SOMEBODY TELL ME: WHERE DID MY LOVE GO?

CALLING ALL LYRICISTS!!!

UGSA & WHBC PRESENTS.... SPIT FIYA: THE HOTTEST FREESTYLE BATTLE GOING DOWN NOVEMBER 3RD TO PARTICIPATE YOU MUST REGISTER! APPLICATIONS DUE TO THE UGSA OFFICE BLACKBURN SUITE 108 BY FRIDAY, OCTOBER 27, 2006

WANT TO DANCE WITH THE BISONETTES? COME AND JOIN US IN A HIP-HOP/JAZZ CLASS ON THURSDAY OCTOBER 26 5:30-7:00 PM IN BURR'S MAIN GYM

COME MEET YOUR STUDENT COUNCIL TODAY IN THE MERIDIAN HILL HALL READING LOUNGE FROM 7:00PM-9:00PM. REFRESHMENTS WILL BE SERVED. SEE YOU THERE!

I wanna be your Babydoll...

TITI-TOPICS:

The Hilltop is in no way, shape or form responsible for these thoughts. In other words, don't get your feelings hurt.

~~~~~

Slavery.

It seems like 141 years later, we continue to ALLOW ourselves to be ensnared by the modern slavemaster of conformity.

A wise woman once said that the definition of insanity is repeating the same actions over and over again, expecting a different result each time.

If it ain't broke, don't fix it. But please... don't wait until it breaks.

-The Manifesto

## Business Week 2006 OCTOBER 23 - 27, 2006

**Paradigm Monday "Pushing the Paradigm" Guest Speaker: Jason Wiley Director of Marketing for Bad Boy Entertainment 6PM - 8PM School of Business Auditorium**

**Tuesday World Ambassador Day 6PM - 8PM School of Business Auditorium**

**Wednesday Building Strong Foundations Guest Speaker: Christopher Williams CEO of Williams Capital 6PM - 8PM School of Business Auditorium**

**Thursday Business Week Banquet 6pm - 9pm Zanzibar at the Waterfront**

**Friday Social event**

## WANT TO GET A 4.0 THIS YEAR?

**THEN COME OUT TO THE GUARANTEED 4.0 LEARNING SYSTEM WITH DONNA O. JOHNSON**

**FOLLOW OUR 3 EASY STEPS AND IF YOU DON'T GET A 4.0 GPA GUARANTEED 4.0 LEARNING SYSTEM WILL GIVE YOU \$100**

**TUESDAY OCT. 24TH SCHOOL OF BUSINESS AUDITORIUM 7 PM**

**SPONSORED BY UGSA**

**ATTN: TRANSFER STUDENTS. GENERAL BODY MEETING 10/24/06 BLACKBURN RM. 142**

**SCHOOL OF C STUDENT COUNCIL WEEK: THE AWAKENING**

**MONDAY "GRIEVANCE DAY" SCHOOL OF C 2ND FLOOR ALL DAY**

**TUESDAY "SPOKEN WORD" BLACKBURN AUDITORIUM 7 P.M.**

**WEDNESDAY "FILM FOR THE FUTURE" GUEST SPEAKER PETE CHAPMAN PRES. AND CEO OF DOUBLE 7 FILMS SCHOOL OF MEDICINE RM. 1008 7 P.M.**

*Wrap me up nice and tight*

**STUDENT TICKET DISTRIBUTION FOR BOTH THE OCT. 28TH HOME FOOTBALL GAME VS. NORFOLK STATE AND THE NOV. 18TH GAME VS. DELAWARE STATE WILL TAKE PLACE ON WEDNESDAY AND THURSDAY, OCTOBER 25TH AND 26TH 10:30AM TO 4:30PM IN THE LOWER LEVEL OF CRAMTON AUDITORIUM. TICKETS ARE BASED UPON AVAILABILITY, AND STUDENTS MUST HAVE THEIR STUDENT ID.**

## TARGET H.O.P.E. WEEK 2006

**OCTOBER 23 BOWLING MIX & MINGLE BLACKBURN RECREATION CENTER 7PM**

**OCTOBER 24 HEALTH DAY: LET'S WORK OUT HILLTOP LOUNGE 7PM**

**OCTOBER 25 MOVIE NIGHT COOK HALL LOUNGE 7PM**

**OCTOBER 26-27 CANDY SHOP LOWER LEVEL BLACKBURN 11AM-5PM**

**OCTOBER 27 FREAKY FRIDAY PARTY CLUB 1919 10PM**